



Miss M. Cartledge gives some helpful advice to young girls. Her letter is but one of thousands which prove that nothing is so helpful to young girls who are just arriving at the period of womanhood as Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cannot praise Lydia E. Pinkham's Vegetable Compound too highly, for it is the only medicine I ever tried which cured me. I suffered much from my first menstrual period, I felt so weak and dizzy at times I could not pursue my studies with the usual interest. My thoughts became sluggish, I had headaches, backaches and sinking spells, also pains in the back and lower limbs. In fact, I was sick all over.

"Finally, after many other remedies had been tried, we were advised to get Lydia E. Pinkham's Vegetable Compound, and I am pleased to say that after taking it only two weeks, a wonderful change for the better took place, and in a short time I was in perfect health. I felt buoyant, full of life, and found all work a pastime. I am indeed glad to tell my experience with Lydia E. Pinkham's Vegetable Compound, for it made a different girl of me. Yours very truly, Miss M. CARTLIDGE, 533 Whitehall St., Atlanta, Ga."

At such a time, the grandest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the necessary changes, and is the surest and most reliable cure for woman's ills of every nature. Mrs. Pinkham invites all young women who are ill to write her for free advice. Address, Mrs. Pinkham, Lynn, Mass.

Mrs. Estes, of New York City, says:

"DEAR MRS. PINKHAM:—I write to you because I believe all young girls ought to know how much good your medicine will do them. I did dread making for years before I was married, and if it had not been for Lydia E. Pinkham's Vegetable Compound, I do not believe I could have stood the strain. There is no other work that is such a strain on the system. Oh, how my back used to ache from the bending over! I would feel as though I would have to scream out from the pain, and the sitting still made me so terribly tired and weak, and my head throbbed like an engine. I never could eat after work, I was so worn out. Then I was irregular, and had such frightful cramps every month they would simply double me up with pain, and I would have to give up working and lie down. But Lydia E. Pinkham's Vegetable Compound changed me into a strong, well woman. Yours very truly, Mrs. MARTHA ESTES, 513 West 125th St., N. Y. City."

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of female troubles cured. Sold by druggists everywhere. Refuse all substitutions. Remember every woman is cordially invited to write to Mrs. Pinkham, if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

Portrait Agents Deal Direct with Manufacturers and Save Money. Our goods the best. Prices the lowest. Prompt shipments. Delivery of all portraits guaranteed. Send for catalogue and agents price list. Address: ADAM J. KRILL & CO., New Era Bldg., Chicago.

PISO'S CURE FOR GIBBS' WHEAT ALLISE CURE. Best Cough Syrup. Cures Croup. Use in time. Sold by druggists. CONSUMPTION

Lawn Fence Iron or wire, many styles, for residence, church, school, cemetery, poultry and hog fences; farm gates. Send for catalogue. Champion Iron and Wire Works OMAHA, NEB.

BEGGS' BLOOD PURIFIER CURES catarrh of the stomach.

WORKING BY THE DAY.

Scotch Farmer of Experience Recognized the Symptoms. John D. Rockefeller Jr., was talking to his Sunday school class about industry. "Our industry," he said, with a faint smile, "should not be of such a nature that the remark once applied to a certain Scot could ever be applied to us. "I'll tell you what the remark I allude to was. "Two old farmers were walking down a road near Dunfermline when one of them pointed to a distant field and said, shading his eyes from the sun: "That figure over there—I wonder if it's a scarecrow." "He stopped and regarded the figure very attentively for a space. Then he concluded, in a satisfied tone: "Yes, it's not moving. It must be a scarecrow." "But the other farmer had sharper eyes and a better understanding, maybe, of certain types of human nature. "No," he said, dryly; "no, it's not a scarecrow. It's a man working by the day."

UTILIZING THE SUN'S RAYS.

Cheap Fuel Used by Residents of Southern California. The residents of Southern California have gone into partnership with the sun. There the sun is more plentiful than coal, and so they put the former to work, utilizing the heat rays for many purposes, one of which is known as the "solar water heater." By the plan they have adopted they make the sun heat the water in the kitchens and bathrooms in the houses and for other domestic purposes. In California and other states where the sun may be depended on the item of fuel is entirely eliminated, and however cheap fuel may be, no fuel is cheaper than the sun. The domestic arrangement for keeping water hot at all hours of the day or night is effected by inserting in the roof a solar heater, consisting of a number of mirrors reflecting the sun's rays, so that the heat is concentrated upon the water in metallic troughs, which absorb the heat rays and soon bring the water to a nearly boiling temperature.

Value of Eggs as Food. The more thoroughly an egg has been cooked the more severe is the labor demanded of the stomach. If we would get from this article of food its utmost value it should be eaten either raw or underdone. Hard-boiled eggs are suggestive of plagues and dyspepsia. Raw eggs is a splendid stimulant when one is exhausted from any cause whatever. It is by no means palatable when eaten with salt, pepper and a dash of vinegar. For weakly children raw eggs beaten with milk make a first class food. The mixture may be sweetened with sugar, and it is best to give it in small quantities at short intervals. The flavor is improved by adding port wine. One tablespoonful of wine will suffice for one pint of the mixture. The formula would run: Two raw eggs, one tablespoonful of wine and sufficient milk to make one pint.

And One Had Love. One man had riches for his gift and knew the emptiness thereof; Another, where Fame's topmost summits lift. All pigmy peaks above, Felt the keen pang of lofty loneliness; And one had love! Down in the lowly valley-paths of life His years were spent, Where, far removed from mulling din and strife, Brook-song and bird-song blent, Habited of quiet things, of restful peace, And deep content.

Yet there was something in his cup of days Ineffably more sweet Than e'er he knew who in the giddy maze Of fortune set his feet. Or quaffed Fame's goblet, wreathed with rue and boys. And found it incomplete! — Milton R. Greer in National Magazine.

Neatly Answered. "Exactly how old are you, anyway?" asked a friend of Lillian Russell. "I have a friend," replied the actress, with apparent irrelevance, "who was born in mid-ocean on an ocean steamer. After she and her mother had landed, the steamer, on its return trip, blew up. So practically she has no birthplace. My age is like that," she added, after a pause.—New York Times.

X-Rays Remove Smallpox Scars. It is alleged that applications of the X-rays will remove the marks left on the skin by smallpox. Not only are we told that experiments have been successful with patients just recovering, but there is also reason to believe that pitting of many years' standing may be removed. The old scars of burns and tuberculosis are also removed by the X-rays.

Beggars in Spain. There are 190,227 professional beggars in Spain, of whom 51,948 are women. In some of the cities beggars are licensed to carry on their trade. Seeking alms is recognized as a legitimate business, and the municipality demands a percentage upon the collections. Seville is the only city in the kingdom which forbids begging in the streets.

Plan to Honor Great Preacher. Several projects are on foot in England for honoring the memory of the late Charles H. Spurgeon, the great Baptist preacher. One of the most interesting is the plan for buying the large and beautiful estate of Westwood and converting it into a home of rest for ministers and missionaries.

Gotham's Former Mayors. New York has seven surviving ex-mayors—Gilroy, Ely, Grant, Van Wyck, Cooper, Edson, and Low.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take Hall's Family Pills for constipation.

Joke On General Miles.

General Miles was standing in the lobby of the Arlington the other night, and happened to overhear a remark made by a small, thin young man who was standing near. "During the Spanish war," the young man said, "I took five Spanish officers without any assistance from the army or navy." "What's that?" asked General Miles, turning upon him abruptly. "You say you took five Spanish officers without the assistance of the army or navy?" "That's exactly what I said, sir," replied the young man; "by myself and without any loss of blood. It happened at Boston. Here is my card, I am Smallsmith, the photographer. Now, if you will allow me to pose you, General ——" but the general had fled.

Causing Iron to Swim.

Elisha required a stick to make the ax of iron swim. We have never learned the properties of that stick. But there is a pretty trick of causing a piece of iron to swim of its own accord. Let it be a half inch thick, say, and two inches square, or have it round, and perfectly smooth on one side at least. Place the smooth side against the perfectly smooth, square end of an open glass tube, say an inch and a half in diameter, and hold it there until it and the tube are lowered into a vessel of water to a depth greater than about eight times the thickness of the iron. Remove the hand and the iron will remain in its place, the upward pressure of the water preventing its sinking. This is the principle of the iron ship.

He Learned Something.

"I like your preachin'," said a tall, gaunt native who had heard Bishop Potter one night in a small Adirondack town near which he had his summer camp. "I alluz 'arn somethin' new from ye. I rid ten mile to-night to hear ye, an' as usual, I heerd somethin' that I never knowed afore." "Well, I'm glad of that," said the bishop, shaking the outstretched hand, "and what was it you learned to-night?" "Why, bishop, I found out fer the first time in my life that Sodom and Gomorrah wazn't twins."

Defiance Starch is put up 16 ounces in a package, 10 cents. One-third more starch for the same money.

A "J. P." that Fined Himself. Robert Malzahn, justice of the peace at Good Thunder, Minn., dispenses liquor at retail when not occupied with his judicial cares. A food inspector secured from Mr. Malzahn's place of business a sample of blackberry. A complaint was sworn out and Judge Malzahn in his judicial capacity, heard the case of Malzahn, the saloonkeeper. Finding Malzahn, the defendant, guilty, Judge Malzahn imposed a fine of \$25, and then as Malzahn, the saloonkeeper, he paid the fine. The money has been remitted to the state treasurer.

ALL UP-TO-DATE HOUSEKEEPERS Use Red Cross Ball Blue. It makes clothes clean and sweet as when new. All grocers.

Royalties Coming Here. If all promises are fulfilled the United States will have royal visitors galore next summer. So far these have announced their intention to visit the land of the free: King Leopold of Belgium, King Menelik of Abyssinia, the Crown Prince of Germany, the Crown Prince of Sweden and the Crown Prince of China.

To be truthful and polite at the same time sometimes puts a rubber attachment on your conscience.

It's the black sheep that generally lives to a ripe old age, while the spring lamb dies young.

Any man who is continually making a fool of himself must be a natural born tautologist.

A man can make his wife believe almost anything—during their honeymoon.

Of course, the real test of a pudding is your inability to sleep after eating it.

The cynic is a man who sees his own heart and calls it the world.

The sad coquette is saddest when she has no one to coquette with.

The atheist can estimate God when the deaf can criticize music.

Clocks are not sentimental—at least they never hold hands.

A rain of errors is one the weather man hasn't predicted.

Our troubles are often the result of a vivid imagination.

It certainly takes some men down to be shown up.

Affection is the language of conscious inferiority.

Never makes good—the counterfeiter.

Shad and Their Bones.

A genius who invented a machine for removing the bones from shad is promoting a company with a capital of \$1,000,000 to rush the apparatus on the market before the end of the shad season. He says: "I have counted in a single shad of five pounds 3,000 bones and 147,000 eggs. I have eaten 500,000 eggs at a meal. I have eaten 2,500 bones at a meal, for bones do not hurt me, but they are a menace to the world at large. My machine is simply a powerful magnet which is passed slowly over the fish from end to end. The small bones leap right out of the flesh in handfuls. You can use the invention either before or after cooking. I prefer it after, because the fish is sweeter if cooked with the bones in."

An "Angry Tree."

There has still been discovered in the far east a species of the acacia tree, which closes its leaves together in coils each day at sunset and curls its twigs to the shape of pigtails. After the tree has settled itself thus for a night's sleep, if touched the whole thing will flutter as if agitated or impatient at being disturbed. The oftener the foliage is molested the more violent becomes the shaking of the branches, and at length the tree emits a nauseating odor, which, if inhaled for a few moments, causes a violent dizzy headache. It has been named the "angry tree."

A Sure Protection.

Barton, N. Dak., May 9th.—Many cases are being published of how diseases have been cured and lives saved by Dodd's Kidney Pills, but there is a family in this place who use this remedy as a protection against the coming on of diseases and with excellent results.

Mr. W. A. Moffet says: "We have no very serious illness or complaint for we always use Dodd's Kidney Pills the very moment we feel the least symptom of sickness and they soon put us right. If we have a touch of lame back or think the kidneys are not right, we take a few Dodd's Kidney Pills and the symptoms are soon all gone."

"My brother had diabetes and the doctor told him he could not live until spring. I got some Dodd's Kidney Pills for him, and although that was several years ago, he has lived through all the winters and springs since and is still living. Dodd's Kidney Pills are a wonderful medicine."

The Czar and the Kaiser.

The last time the czar and the kaiser met was in the Baltic, where each had a fleet. As their boats drew away from each other the kaiser, from the Hohenzollern, semaphoned to the czar, "The admiral of the Atlantic salutes the admiral of the Pacific." The reply required tact. The czar did not want to offend the British by expressing his belief that the kaiser was right, neither did he wish to show discourtesy to the latter by making no reply. So he quietly rebuffed him by signaling "farewell," and steaming away.

Port Arthur's Name.

Since the war in the east began a good many newspaper readers have wondered how Port Arthur came to get its name. The first foreign vessel to enter that bay was a British war vessel in charge of Lieutenant Commander Arthur, who modestly gave his own name to the place. That was about fifty years ago, and as Port Arthur it has been known ever since.

Rich Man Turned Hermit.

Henry J. Ackerman has been living in a dugout near Pueblo, Colo., for six years. Formerly he was a well-to-do resident of Brooklyn. In 1898, while cruising in his yacht, he met and fell in love with a young woman. She married another man, whereupon Ackerman left his home and took up his abode in his present quarters, where he has lived a hermit's life ever since.

Only a woman is capable of arriving at a conclusion without using either reason or judgment.

A man does not have to be congealed to be a clam.

IN AN OLD TRUNK.

Baby Finds a Bottle of Carbolic Acid and Drinks It.

While the mother was unpacking an old trunk a little 18 months' old baby got hold of a bottle of carbolic acid while playing on the floor and his stomach was so badly burned it was feared he would not live for he could not eat ordinary foods. The mother says in telling of the case: "It was all two doctors could do to save him as it burnt his throat and stomach so bad that for two months after he took the poison nothing would lay on his stomach. Finally I took him into the country and tried new milk and that was no better for him. His Grandma finally suggested Grape-Nuts and I am thankful I adopted the food for he commenced to get better right away and would not eat anything else. He commenced to get fleshy and his cheeks like red roses and now he is entirely well."

"I took him to Matamoros on a visit and every place we went to stay to eat he called for Grape-Nuts and I would have to explain how he came to call for it as it was his main food. "The names of the physicians who attended the baby are Dr. Eddy of this town and Dr. Geo. Gale of Newport, O., and any one can write to me or to them and learn what Grape-Nuts food will do for children and grown-ups too." Name given by Postum Co., Battle Creek, Mich.

Look in each pkg. for the famous little book, "The Road to Wellville."

AN ILLINOIS FARMER IN WESTERN CANADA.

A recent issue of the Shelbyville, Illinois, Democrat contains a long and interesting letter from Mr. Elias Kost, formerly a prosperous farmer of that state, who recently emigrated to Western Canada, taking up a claim for himself and for each of his three sons.

From Mr. Kost's letter, which was written Feb. 3, 1904, we publish the following, believing it will prove of great interest to those who have contemplated settling in the Canadian Northwest:

"I had in August, 1902, secured a claim for myself, and filed on three quarter sections for my sons. My claim is one-half mile south of the Edmonton and Lake St. Anne trail. "Coming so late in the season we had little opportunity to break and to prepare ground for a first year's crop. Still we raised over 100 bushels of very fine potatoes, and sowed a few acres of barley, but the season was too far advanced for the barley. However, we secured good feed from it, and on rented ground 18 miles east of us, raised a fine crop of oats, so that we will have plenty of feed for horses. We cut about 60 tons of hay and thus will have an abundance. We have, all told, about 240 acres of hay meadow, which would yield the past year over three tons to the acre, and in an ordinary season the meadow would furnish 600 tons of hay. The grass is very nutritious, and cattle on the ranges become very fat without being fed a pound of grain.

"On the upland the grass grows from eight to ten inches tall. This is called range grass, and is suitable for stock at any time, even in the winter when the ground is not covered too deep with snow. Horses subsist on it alone, at all times, provided they are native stock. The grass in the hay meadows here is called red-top, and grows from five to six feet in length, and when cut at the proper time yields an abundant crop of nutritious hay.

"Our cattle have not cost us a cent since we came on our homestead, only the small outlay for salt and labor in putting up hay and shelter. All cattle have been doing well this winter, and feeding up to the first of January was unnecessary, as there was good range up to that time.

"All the snows up to that date were followed by winds from the northwest that melts it very rapidly; these winds are called Chinook winds, and are always warm. In one night a Chinook wind may take away three or four inches of snow.

"We have built on our claim a comfortable house of hewn logs, 20x26 feet, one and one-half stories in height, with a good cellar. During the latter part of June we rafted logs down the Sturgeon to a sawmill, about eight miles away, and thus secured 5,000 feet of good lumber which was needed for the house. Later in the season a shingle mill located six miles away. To this we hauled logs and had shingles cut for the roof.

"We had an abundance of wild fruit the past season, consisting of gooseberries, strawberries, raspberries, elderberries, blueberries, cherries and saskatoons. The latter are a fine looking berry, red, and quite pleasant to the taste, but not much to be desired in cookery. The strawberries are the same as those that grow wild in Illinois. Raspberries are red in color, large and equal to any of the tame varieties, and so are the gooseberries. The cranberries consist of the high and trailing varieties. The latter are most sought and contiguous to the swamps. The ground is literally covered with them as with a red carpet, but the best and most sought is the blueberry, so called by the Indians. This is the famous 'huckleberry' (whortleberry) of the Blue Ridge Mountains in Pennsylvania, and cannot be excelled for excellence by any fruit cultivated. It is found here both on the prairie and in the timber in immense quantities.

"Game is very plentiful so far as prairie chickens, pheasants, ducks of all kinds, and geese are concerned. We have taken nearly 500 chickens and pheasants, also a great many ducks.

"An occasional deer is seen, but are not plentiful, only one having been taken during the season in this settlement.

"Fish are very plentiful at all seasons of the year. Fish wagons and sleds are passing almost daily along the trail with heavy loads of fish, destined for St. Albert and Edmonton. From the latter point they are shipped south on the Calgary and Edmonton railroad to points along the line, and also to Assiniboia, on the Canadian Pacific railroad.

For further information apply to any authorized Canadian Government Agent whose address appears elsewhere in this paper.

Free to Twenty-Five Ladies.

The Defiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16-ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Nebr., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind, and Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch for sale by all dealers.